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HEALTH OF SCHOOL CHILDREN

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A careful examination of the vital statistics of the province for the year 1914, which gives a death rate from communicable diseases as 72.40 per one hundred thousand, and the death rate under nineteen years of age as 24.76, would indicate that there is a great wastage constantly going on which, unlike the wastage of war, is to an almost incredible degree preventable. This appalling wastage of our child life has not diminished to a satisfactory degree in view of the fact that the science of medicine has advanced more rapidly during the last decade than any of its sister sciences, and especially since the science of hygiene has made more rapid strides forward than any of the other branches of medicine. To conserve this loss to the province, and in some measure prevent our greatest asset becoming a debt, is a work which this committee will do well to carefully consider, for in comparison all other branches of our educational system take a second place.

The work of conservation of our natural resources received a great impetus a few years ago when the Commission of Conservation was created, and its splendid work has justified its creation. In the September report of this commission we find dealt with the protection of game, of forests from fires, trees from insects, property from rats, crops from weeds, and fish from fishers, but the conservation of child life is not mentioned except in its relation to fires. We are conserving our forests, water powers, minerals, protecting crops and stock—in fact, preserving every other national asset through this commission except the boys and girls of our schools. Scientific agriculture has come to stay because it produces better crops, which mean more money for the farmer. Experimental farms are created. The laboratory and agricultural college have been placed by governments at the door of the farmer, and he has eagerly learned from bulletins and lectures all that science has done to improve his stock and crops. In consequence he has built better barns, has erected silos, and is now working under scientific conditions because it pays. The farmer who conducts his

Read at Citizens' Convention, at Regina, called by Premier to discuss means to improve the educational system of the Province.

operations under conditions existing fifteen years ago, or less, is recognized from the road and, too often, by the sheriff.

If education can do this for the farmer, and all political parties unite in offering him the best possible service for the conservation of his own resources, why should he be content to muddle along with conditions little changed in the past fifteen years in his home and school. His children are born, contract the usual infectious diseases through the public school, with no attention directed to defective teeth or eyesight, or other problems relating to their health, unless it be that some attention is given to the ill effects of alcohol and tobacco by the teacher. The health officer casually tacks up and takes down placards, burns a little sulphur perhaps, and wanders about the community in a desultory way, warning the less wealthy people to clean up. Why parents are content to allow their children to shuffle along the old trail toward the same old schoolhouse, while the young stock gets its up-to-date attention, is difficult to understand unless it be that everybody's business is nobody's business. It should not be longer said that we cannot attain to a fixed normal standard of living in the home and school where every individual is permitted to live as an efficient, healthy human being, morally, mentally and physically. We believe that the prime purpose of education is to equip the individual to make the struggle for existence. More than ever before we realize that this necessitates the development of the body as well as of the mind—that body, mind and character are all qualities of one individual, and that it is practically impossible to elevate one quality while the others are weak or degraded. The problems of health concern all that contributes to the evolution of the individual, physically, mentally and morally, and for this reason should occupy much more attention in our educational system than at present. When education interferes with the physical development of the child it strikes a weakening blow at the quality of brain plasma possessed by the child, hence a system which retards development will interfere with a high standard of mental efficiency.

The strain of existing educational methods is responsible for the thousands of physically unfit, neurasthenic young adult men and women who are ruined for life. Our rural school is too often improperly lighted, ventilated, and heated. It sits on a bleak corner of the section, without organized playgrounds, with lavatories of a primitive type, and with no thought, apparently, that it should be located as near the centre of school population as possible. The seats are sometimes adjustable, but the teacher has not been taught to adapt them to each child. There is no ventilation except by the windows, and in cold weather, when ventilation is most required, the stove has all it can do to make the room comfortable. The effect of defective inheri-

tance, bad environment, malnutrition, diseased condition of teeth and tonsils, or defective eyesight, passes unrecognized at home or at school, and our boys and girls graduate into the firing line too often unfit for the strenuous fight for an existence, crippled for citizenship. If a good examiner would criticize the faces and forms of the passers-by on the streets of one of our cities he would recognize only too often the result of parental and popular ignorance during school days. These are seen in varying degrees of lateral curvature, adenoid faces, sallow skin from constipation contracted by a vicious school system, narrow under jaw and that look of fatigue which indicates all round physical discontent. It is time to wake up and read the signs of the times if we are to perpetuate a race of men and women worthy of this great west land.

When great corporations give instructions in safety first, the use of reading and rest rooms, and gymnasiums, they do not consider it a charity but a sound business proposition, and insurance companies increase dividends by preaching health to their policyholders. The extent to which health may be conserved and the span of life lengthened by modern methods of physical education has made public health work a very attractive field of endeavor, especially since the evidence of those best able to judge goes to show that over forty per cent. of the deaths last year might have been postponed, at least fifty per cent. of the illness prevented, the average life prolonged by twelve per cent. and that four per cent. of our population is sick all the time. I believe that this committee is under a great moral obligation to prevent this economic wastage being any longer sacrificed to popular ignorance and indifference. Public opinion has been enlightened to such an extent in recent years in public health matters that it no longer takes for granted that a thing is good just because it is long established.

Perhaps the greatest factor in this new propaganda is the women's organizations throughout the rural districts, which are beginning to inquire more and more into conditions as they are, and will continue to do so until their boys and girls are treated at least as well as their stock. One would think that ratepayers would question the wisdom of painting the schoolhouse and leaving the child defective and unable to profit by the instruction offered. More and more the people of the country are realizing that with proper attention to both home and school a very large percentage of youngsters will receive their education without being a nuisance to themselves, their parents and teachers, through contracting preventable diseases.

We wish to avoid the arrested development, from any cause, of these unfolding and susceptible bodies and minds, and to this end there is still room for reforms in school methods. The varying limitations of children call for a more intelligent grading and more individual atten-

tion than formerly has obtained if we are to get the best results. It has seemed a pity that parents should anticipate without apprehension that their children would become pale toward the end of the term and exhibit symptoms of the shut-in type when our schools should offer better health and parents accept nothing that would handicap the child physically.

The depressing influence of the ordinary school on the health of children is a very serious matter—more serious than some of us realize, for the physical handicap imposed by an unnatural school life is apt to influence the entire after life of the pupil. The child may have certain physical defects, such as partly decayed or ill-adjusted teeth, adenoids or diseased tonsils, or he may have errors in refraction that develop eye strain and consequent nervous irritation. Any of these defects is sufficient to lower his scholarship, and lessen the likelihood of his completing his school work with credit. And, moreover, if these defects are not remedied in early life they may result in more or less permanent injury to the body through later years. These conditions come under the direct observation of mothers and fathers, and no matter how sanitary the school, or how rigidly health regulations are enforced, if things are wrong in the home the school will not entirely make up for it. When so few schools are conducted to the best advantage of the health of the pupils it behooves parents to see to it that the physical part of the education of their children is not neglected, at least in the home. In localities where the problem of bettering physical conditions in the school is not being carefully considered by the school authorities parents should interest themselves in the subject and organize to get better results, and anything that can be done to mitigate the unfortunate accompaniments of our educational system is worthy of their best consideration and effort.

A new school of medicine has arisen within recent years which is concerned with prevention rather than healing, and already it has taken hold of the best minds of the age. This world wide movement has raised hygiene to rank with the best among the many branches of medicine and promises to make this old world a better place to live in. Its object is to raise the inherent fighting power of every individual to a point where germs cannot get by the natural defence set up. Hygiene seems to bring into action the resistance which every person has to some degree, thereby making his asset of health one hundred per cent. efficient, but the more one looks at this whole field the stronger the conviction becomes that the problem is a social one and must be solved by social remedies. This is at once evident when we recognize first that the responsibility for the conditions that cause disease lies with the people, and again that all power and authority for bettering these conditions also rest with society and its agents. It is

a popular belief that the control and prevention of disease is largely the duty of the medical profession, but if in the past the profession has assumed this responsibility it would appear that the public has been lacking in its co-operation and appreciation. We can furnish the technical information as to how disease can be reduced or abolished, but nothing of permanent value will come without support. This support will come when the public understands what is needed, and why it is necessary. Public education becomes therefore an indispensable factor in every movement for the conservation of health. To-day the public is learning to value the great achievements of science which have reduced such diseases as smallpox and yellow fever to almost nil, robbed epidemics of diphtheria, plague, typhoid and cholera of their terrors, and in many ways helped to develop a happier, healthier, long-lived community the world over.

The modern public health movement has been a development of very recent years and has taken two very distinct forms upon two distinct methods of reasoning. One view assumes that public health must be secured and maintained by means of a great organization and a state police force of inspectors who will prevent the violation of the numerous laws of health much in the same way as police are supposed to prevent crime. The other view aims rather at the education of the people so that the laws of health will become the common property of the people and the power of their enforcement will lie in public opinion.

The advocates of the first theory devote themselves to securing large appropriations and to placing a large array of ordinances on the statute books. The advocates of what might be called the educational method endeavor rather to spend such funds as are available in presenting a practical hygiene to the people in a strikingly impressive and convincing way. From countries where the educational method is in use we have learned many lessons in catching and holding the attention of the public. In one district patent medicine signs are prohibited and in their place catchy convincing healthy suggestions such as "The best farm in this country is the one on which the health of the family is best protected."

In following up the education of the public we realize that the avenue along which we hope to reach the home most smoothly and efficiently is through the teaching of hygiene in the public school, and of this we hope to take the fullest possible advantage. We wonder why hygiene should be the least interesting to teacher and child of all the subjects on the curriculum in view of the fact that it happens to be the most vital to the child, to the home, and to society, yes even to education itself. There are more excuses than reasons for the neglect of this most important subject in our schools. The teacher states that the urgent requirements of the department, together with a very crowded

curriculum, make it impossible to do justice to hygiene, and anyway she does not consider it essential. We believe that the formal teaching of this subject can never be made effective and will always prove uninteresting to the child. The new method of teaching hygiene by means of practical, informal health talks touching matters of vital interest to the child, both at home and at school, will make this the most attractive, as well as the most useful, of the subjects taught. A physician learns more from an epidemic of smallpox than from years of textbook reading and the child will profit fully from practical applications of his lessons in hygiene. We know that unless this subject is taught in such a way as to lead the child to form habits conducive to a healthy mode of living, both while at school and in later years, the time spent in its teaching will not have been spent to advantage. As other people's habits of health have a great influence upon our own the teacher may widen her lesson to include the home and the street where the physical welfare of the child is so often influenced prejudicially. Assuming that the teacher possesses a normally sound body, and abounds in vitality, she will take a deeper interest in this subject and be the centre from which will radiate to the children an intensely practical hygiene. We hope she will soon receive from the committee of hygiene of the Department of Education a monthly bulletin of practical hygiene adapted to her use, and based upon the modern methods of teaching this subject. She will also be supplied from the department with the proper equipment for recording the health history of every child and will be held responsible for the teaching of hygiene in such a way that the children will cultivate habits of health, and see clearly its relation to their future happiness and efficiency. Through her staff of reporters her department of school hygiene receives daily reports regarding conditions prejudicial to community health, and the whole staff conscientiously enters upon a local practical health campiagn touching every home.

In this anticipated bond of healthful sympathy between the home and the school I must not overlook its most important link—the school nurse. We do not need to refer at any length at this time to the splendid work which she has accomplished wherever her peculiar gifts for medical inspection work have been demonstrated. It is well known that while public addresses, women's clubs, and other organizations are a necessary adjunct to a health campaign they do not compare with the good results obtained at first hand through the quiet, intelligent influence of the school nurse among the children. Her inherent sympathy for the child causes her to look with concern upon anything which would hinder its physical well being. She can go to those who are not looking for instruction in hygiene, where the M.O.H. is made to feel that he is not quite welcome. Over 5,000 of these specially trained

women are now daily demonstrating in the United States of America that the public schools can be made a centre from which health radiates to the community rather than a centre from which infectious diseases are propagated. School inspection by qualified nurses is becoming recognized as a special department in public health work and its value to the community can be estimated in part by anyone who cares to examine the nature and scope of the work accomplished in the Regina public schools.

In the light of a thorough investigation into the various modifications of the work undertaken by authorities elsewhere it would appear that it will be the duty of the Department of Education to establish a sub-department of school hygiene with a staff of trained school nurses under the direction of an expert school nurse. It will be the duty of this staff:

(1) To examine every child in the province at least once a year, particularly for defective eyesight and hearing, diseased tonsils and adenoids, carious teeth, symptoms of lateral curvature, chorea and tuberculosis, and to recommend to parents treatment of such defects by the family physician or dentist.

(2) To supervise the cleanliness of pupils.

(3) To supervise the cleanliness and sanitary conditions of school buildings and outhouses.

(4) To supervise the proper seating of pupils.

(5) To supervise lighting, heating and ventilating of class rooms.

(6) To give necessary instructions regarding the disinfection of class rooms after cases of infectious disease.

(7) To instruct teachers how to detect the early signs of infectious disease and to report such at once to the local M.O.H.

(8) To instruct the teacher in the simple rules of health.

It follows that such an organization would accomplish in the shortest possible time with the minimum expenditure results which would have a far-reaching effect upon the physical welfare of the school population and indirectly upon the home life of the community.

I would earnestly recommend that a thorough training in health subjects be undertaken at our normal schools so that in the near future the necessity for outside assistance to the teacher in health matters would lessen and each teacher become in larger measure competent to undertake the care of the school in the absence of the nurse.

NURSES' ASSOCIATION OF CHINA

The 1915 Conference of the Nurses' Association of China, was held at the national capital, Peking, on September 1st to 6th. Over fifty delegates attended, coming from ten provinces, and representing

well-nigh every denomination and nationality engaged in hospital work in the Republic. With such representation the conference could not but be most helpful, full of inspiration and encouragement to all who attended its sessions.

At 2.30 p.m. on Wednesday, at the Union Medical College, the conference opened with Miss Hope-Bell, President, in the chair. Dr. Cormack, Principal of the College, conducted the devotional service, giving a deeply spiritual address, the keynote of which was: "Be steady; keep cool; pray." "These are three vital necessities in the life of a Christian nurse. Where there is work there is friction Cooling chambers are needed for all fine machinery and implements, lest by long continued friction their temper and usefulness be impaired. Even so do our bodies, hearts and minds need the cooling chambers of a steady unfaltering trust in a Higher Power, of a ceaseless communion with Him, and a confidence in our powers, the outcome of the first two. The quiet command, the quiet reprimand, the quiet governing in our hospitals are what bring the best results. The greatest hindrances to our work are our own hasty words and actions when duties press. Your standard of spirituality determines that of your hospital and training school. Steady; keep cool; pray."

A reception followed, to which all delegates, physicians, and friends were invited. Sir John Jordan, British Minister; Surgeon-General Ch'uan, of Tientsin; Mr. Roger Greene, representative of the Rockefeller Foundation; and Dr. Wu Lien-Te were guests of honor. A letter was read from the American Minister, expressing his regret at being unable to attend. Miss Powell, of the Methodist Hospital, Pekin, gave an address of welcome to the members of the Association, saying that in hearing of the decision to meet in the capital, she felt that Pekin nurses would gain far more than they would give, in the inspiration and fellowship of such a meeting. Miss Powell then generously put the time of herself and her assistants at the disposal of the stranger nurses for entertainment, sight-seeing, or along any line in which they could be helpful.

Dr. Wu then followed, speaking most appreciatively of the progress along medical lines in China, during recent years, the reward of much faith and patience on the part of the pioneer workers. He urged the importance of getting in readiness fully-trained Chinese nurses who would be competent to staff the new hospitals now going up in all parts of China—laying great stress on the need for real nurses, not "half nurse, half doctor."

Dr. Ch'uan spoke a few words of welcome, and Mr. Greene then gave a rapid sketch of the purpose of the Rockefeller Foundation movement, especially in regard to China—revealing at the same time his own keen personal interest and appreciation of the part which

trained nurses, foreign and native, are to play in the establishment staffing and adequate carrying on of hospital aid for China's needy millions.

The President of the Association, Miss Hope-Bell, then thanked these guests on behalf of the Association for the honor of their presence, and for their inspiring words. Refreshments and a pleasant social hour were included in the program of the afternoon.

Thursday morning was given to the hearing of three papers. The first was on "Social Life, Recreation and Care of Nurses-in-Training." Miss Powell, the writer, is one of the "veteran" nurses in Peking, to quote her own words, though by no means an ancient in years. Out of her rich experience she gave many helpful points on the keeping of our young nurses happy and healthy. The proper care of their bodies as to cleanliness, hygienic clothing, regular and liberal feeding, well-fitting shoes, sleep, special care on night duty, and many other phases were touched upon. Superintendents were urged to see to it that the pupils had opportunity for active out-of-door play, and that they took advantage of such.

Throughout the conference, after the reading of each paper or giving of an address, an open discussion was held, this often being quite, if not fully, as helpful as the address itself. All were urged to take part in the giving and asking of information; in this manner the solving of many problems came to light.

The second paper dealt with "The Discipline for Women Nurses," by Miss Baldwin, of Foochow. The status of our work to-day over that of fourteen years ago was vividly portrayed. Even as the Master "Who for the joy that was set before Him endured the cross," so must face bravely the difficulties and problems which confront and well-nigh overwhelm us as we struggle to bring such a vision of their work to our girls. Miss Baldwin urges that with the new nurses, during their first six months, the crucial and important period in their training, the superintendents give themselves utterly to working personally side by side with them. Their standard of work during those first six months will determine it for life. "Let our first lecture to them be on the requirements for a good nurse and then live it, and teach it day by day, from a moral, physical, and spiritual standpoint. From your second and third year nurses you yourselves may learn much, but your first-year nurses should learn your way of doing things first. Beware of understaffing your hospital, lest you be forced to lower the grade of your work, since the press of the sick about us is so great that it is difficult to control the number of in-patients."

Miss Tomlinson, of Anking, presented a paper on "The Discipline of Men Nurses." "In my estimation," she says, "sex matters

little in the matter of discipline. Be the nurse man or woman, what you demand and cease not to insist on, that you will get. But the more obvious the velvet glove, so long as there is absolutely no doubt as to what it contains, the better for everyone. The people the men nurses respect, like all the rest of us, are those who make them toe the mark. After all, I do feel at times that I can recognize here and there among my pupils a glimmer of understanding of the fact that the stricter the hospital discipline, and the greater the demands made upon its pupils, the more credit ultimately belongs to the pupil holding the diploma of the school."

Chinese meeting. The Chinese graduate and pupil nurses of the city were the guests of the afternoon on September 2nd, and all papers and addresses were in the native tongue. Dr. Liu, of the Methodist Women's Hospital, presided with gracious dignity. After the devotional exercises, Dr. Liu made a few preliminary remarks in explanation of the Nurses' Association, its purpose and its membership, now numbering over 100; and also, for the benefit of the non-members present, gave the official titles in Chinese as decided on by the Association for "graduate" and "pupil" nurses. The graduate nurse to be known as "hu-shih," and the pupil nurse as "hu-sheng."

Mrs. Bayard Lyon, formerly Miss Chung, of Tientsin, was to have given the address of welcome to our Chinese guests, but unfortunately she was unable to be present. In her letter of regret she expressed the hope for an even more helpful conference than the one held last year in Shanghai, if that were possible. "In the writer's estimation, the profession of nursing is the most honored of all professions in which a woman may engage. It cannot fail to better fit her for whatever walk of life may be hers. The welfare, physical and moral, of the children of the next generation, in this or any land, lies largely in the hands of the mothers of this generation. May we, as members of this Association, put forth every effort in our power to help our Chinese nurses in their profession, thus preparing them to carry on the work which we can only begin for them in this great needy land."

The next address was given by Surgeon-General Ch'uan, of Tientsin, ever a warm and loyal friend of our profession. He welcomed us most cordially to the national capital, urging us to feel not as strangers but as honored and welcome guests. He then went on to speak of the importance of the nursing profession from the standpoint of the doctor. "I consider that in the struggle with disease for a human life, that to have a good nurse is seven-tenths of the battle won. The nurse is the doctor's right hand, and the patient's friend. Who does not long for a loyal and gentle friend to stand near in time of suffering and peril—and this is the place which often,

in the absence of one's own, the faithful Christian nurse can so well fill. There were those who said that the nursing profession could not grow in China. But that day has passed. The nurse has proven her worth in this land, and has come to stay and to multiply. Keep your ideals high. A nurse worthy of the name must have education and refinement, and a character above reproach. Go forth with love, faith, and purity of heart—your hope for the future is bright!"

Miss Tippett, of Pingyangfu, followed with one of the most spirited and spiritual appeals that nurses were ever privileged to hear. Would that all of our pupil nurses throughout the land might have listened and learned. Space does not permit of a complete translation, but she said in part: "Let us not lightly regard our profession, by means of which we on the one hand serve our Master, and on the other minister to our fellow men. I wish to liken our lives as Christian workers to this glass syringe which I hold in my hand. I have bought it and it is mine to use as I will. It must obey the impulse of my fingers. It must be empty so that I can fill it with the desired solution. It must be clean, it must work smoothly. Dear friends, we have been 'bought with a price,' 'we are not our own,' we are His. We must pray to be used as He would have us used. We must pray to be pure, to be willing to be used, to be cleansed of all that would hinder His purpose for our lives. The story is told that someone asked Christ 'If Your disciples should fail to carry Your message to the sinning world, what then?' The Master replied: 'There is no other way. I trust them and them only.' He is trusting you, He is trusting me to-day! The Chinese have a saying which, being translated, reads: 'With three of one mind, even earth's dust turns to gold.' Important everywhere, it is doubly so in hospital life, that harmony and singleness of purpose reign. If we hitch two animals to a cart, and one goes east, and one goes west, we are not likely to make very rapid progress. You nurses who are located in the large cities in this land are opening up a new road to the Chinese—the profession of nursing. It is you who pave the way for them to follow. Take care that you build well!" Miss Tippett then closed with the story of the rich woman who, in a dream, made a tour of heaven. As the angel led her past a beautiful home, she curiously inquired, "And who is to live here?" The angel replied, "This is being prepared for your carter." "Impossible! Why, he is a poor uneducated coolie." "I know nothing of that," replied the angel, "we have built the house with the materials he has prepared for us." A little further on the two came to a tiny unattractive hut. "And whose is this?" "This is your home," said the angel sadly. To her protests and claims of wealth and power on earth, the angel replied, "We have used all the material you have sent us."

The rich woman awakened, rejoicing to find that it was only a dream, and that it was not too late to begin to lay up her inheritance eternal.

A social hour followed with the serving of tea and cake by the pupil nurses from the Methodist Hospital, after which the members of the Association took rickshas for the Llama and Confucian Temples, sightseeing.

Thursday evening, from eight to ten, the conference met in united session with the Peking Medical Association, with Dr. Gray, of the British Legation, in the chair. The officers of the Association had hoped that it might have been possible to present an address to H.E., the President, at some time during the conference, but his indisposition prevented this taking place. His representative, Admiral Ts'ai Ting-Kan, was the guest of honor for the evening. A letter of greeting to His Excellency from the Association was read by Miss Hope-Bell, and given to Admiral Ts'ai, for presentation to His Excellency. The Admiral then gave a brief address, first conveying to the members of the Association the regrets of the President at not being able to personally extend a welcome to the delegates, and expressing his appreciation of what the nursing profession had already done and would in the future mean to China. Admiral Ts'ai spoke of the conference as an "epoch-making event in Peking." He referred with pleasure to the meeting of the Medical Association in the city two years ago, and expressed his delight at now seeing so many of their co-workers, the nurses. "You medical men and women have broken down the bars to our sealed homes, and inspired our men and women to go forth and likewise study for your profession at home and abroad. The doctors shape the policies for the curing and prevention of disease, but it is the nurses who permanently carry out such policies. I feel that I owe the life of my own child to the faithful, intelligent care given by a good nurse—to say nothing of the care I have received myself at the hands of nurses in time of need."

A paper by Mrs. Lyon, of Tientsin, followed on "District Nursing in China," full of interest to the listeners. This phase of work is at present possible only in the large cities and ports of the country. The interior hospitals, owing to the rigidity of social laws and customs, must needs advance more slowly, even though all are heartily in sympathy with such work, and long for the time when it will be possible to put our nurses out into the homes of the people to a greater degree.

The final paper of the evening was by Miss Hope-Bell, of Hankow, on "Some Methods in Teaching Men Nurses," a topic of keen interest to the many engaged in that work. There are those who think the training of men nurses in China but a temporary expedient until

social laws permit women nurses to care for both sexes, but it is hard for some of us who are teaching the boys to feel convinced on that point. Many of them are proving themselves as gentle and capable as their sisters. It is evident, of course, that for the present in many localities men nurses must be used for the male wards. In the port cities where the customs have been broken down, women nurses are caring for men in a few instances, but this phase can come about but gradually, if at all, in the far interior. The foreign woman superintendent in the interior often finds herself looked upon as a decided innovation, and she has to move cautiously ere she can command the respect of her men nurses and other native co-workers, and thus gain an entrance to the wards. It is easy enough to give the men lessons in theory, but it is practical nurses who are needed. Miss Hope-Bell finds her "sawdust man" of the greatest value in giving demonstrations. The dummy lends himself to all manner of treatment with perfect good nature, and much can be taught of routine ward work with his aid. A copper or two will secure a small schoolboy as a willing victim for classes in massage or special nursing treatment. Specimens of hearts, eyes, bones and the like may be obtained from the friendly butcher, and these object lessons are not easily forgotten. The danger of teaching too much materia medica to the men nurses was warned against, lest they go out and pose for doctors. But there is much to encourage one in the progress made by the male pupils in recent years, and certainly it is encouraging that so many of them are willing to make it their life work, and so can become experienced nurses. "After all, the greatest value lies not in what they have learned in classes, but to what degree they are willing to forget self, and spend themselves in service for others for Christ's sake. One can 'compel them to go one mile,' but it is the voluntary 'second mile' that counts."

Friday morning's papers were on very practical subjects. The first on "Hospital Economies and Prevention of Waste," by Miss Booth, of Hankow, was a delight to the hearts of all the hospital housekeepers who listened. Miss Booth, in helpful detail, told just how, when and what to buy in kitchen commodities—fuel, linen, dressings, disinfectants, etc., and though location governs to some extent certain of these details, everyone found much that was helpful and suggestive. Next came "Nursing Requisites, as Made on the Native Street." Miss Sawyer, of Tehchow, had this topic, and had prepared an exhibit of articles or their photos. A lively hour was spent, in which many members shared, giving as they were called on, descriptions, prices, and their personal experiences in making or buying the articles under discussion. "Necessity is the mother of invention," especially in interior hospitals, where practical substitutes for expensive and impossible equipment must be had. This was one of the

occasions when fifty-three heads contributed to the topic under discussion, and it could not but be an interesting and profitable hour for all.

After tiffin, the party secured rickshas and set off for the Temple of Heaven, where the afternoon session was held. As one listened to the devotional service, and the address that followed, one forgot that this spot, so rich in the beauties of nature, was steeped in centuries of heathen rites and adoration. Miss Clarke, of Shanghai, opened the meeting with a paper on "Humour and Pathos in Nursing in China." The writer chose to turn the tables, and tell of the pathos first, hoping that the happier memories might linger. First of the horrors of child labor. There is abundant child labor in China everywhere, but it is at its worst in the treaty ports. Child labor in the factories is far more to be deplored than that which takes them out into the sun and air. The accident cases among these mites from machinery are a disgrace to civilization. Then from the social customs arises much pathos. A patient suffering from inoperable cancer is doomed to live apart from husband, children, a veritable outcast, though wealthy. Small wonder she begs for something to make her sleep for ever. A girl of thirteen is brought in frightfully mutilated. Her baby is born soon, happily dead, and the child-mother soon follows. A baby slave girl is beaten so cruelly that paralysis results. Here Miss Clarke paid a grateful tribute to the Shanghai municipal police, who always champion the children's cause. Space will not permit the repeating of the tales told of that universal curse, the white slave traffic, rife in the port cities, or of the sufferings of the ricksha coolies, or of the unknown thousands of suffering women who have no chance to lay down the cares of home and children and come to hospital for treatment, even if grandmother, neighbors, husband, and countless other factors approved of western methods, which is doubtful. To the humorous side, for there is one! From the husband who dissolved in tears that his wife must remain in hospital for two weeks, because there was no one left to take care of him! To the mites who came to the dispensary one day, and on being asked what was their sickness, replied: "We are not sick. We have come to see the fun!" A child of a hospital worker is suddenly seized with convulsions and hurried to hospital. On undressing the baby we find such a pretty suit of underwear made from pink boracic lint! Obedience is what we all strive for in our schools. There was an instance of it recently when one of the doctors sent a nurse to wash his hands after touching some pus-stained wool, instructing him to "continue washing until I come for you." Other duties cropped up, and the nurse was forgotten till some time later the doctor had occasion to return, and the lad was still washing his hands!

Miss Tippett, of Pingyangfu, then gave a forceful talk on "The Evangelistic Opportunities of the Superintendent." Many were the interesting sketches which she gave of missionary work in the interior—the work so dearly like that of the Master, healing and teaching, the two mingling as part of the daily life. "Do not regard your patients as cases only but as souls. Keep your spiritual standard high. Yours will measure that of your hospital. Your inpatients are more important than your outpatients, because you have more opportunity to reach them with daily personal touch. Keep close to God yourself by daily communion, else you will fail miserably. Learn to conquer yourself ere you can hope to control or lead others." But a part of this impassioned appeal can be given. It was followed by a quick succession of earnest prayers that can but result in a higher standard of work for the coming year.

Business over, the nurses went across to the grounds of the Temple of Agriculture to enjoy a picnic supper, for the foreigners are not allowed to eat in the sacred precincts of the Temple of Heaven.

On Saturday morning an interesting paper on "Hospital Social Service, and its Possible Use in China," by Miss Gage, of Changsha, was read. Room does not permit review of the comprehensive sketch of social service as it has been carried on in England and America in recent years, but many helpful suggestions were given as to its adaptations to our work in this land. "Must China wait all the tens of years which Western lands have waited for what has been proven an economic necessity rather than a charity? Social service in some form should stand at the door of the hospital to help every patient leaving it. It should be a campaign of education and prevention. Lectures on hygiene and sanitation, made forceful by lantern slides, pictures, posters, etc., are all useful. Simple demonstrations on the proper way to give a baby a bath, to cook a simple meal in economical and cleanly fashion will be of more value than merely the printed sheet. With the poor clientele found in China, we should strive always to teach them how best to utilize what they have and can get, and not make them think that cleanliness, wholesome food and fresh air are wholly expensive and unattainable foreign innovations. Start with the known and possessed, and work to higher levels. The great aim of social service is really education, first of the discharged hospital patient, and secondly of the community to which he goes. But to be effectual and not bring the movement into disrepute and ridicule we must be content to work up from the bottom with those who have not the first conception of the principles of hygiene or economics."

"The Question Box" was then opened, and the meeting thrown open to discussion of the various topics thus introduced. All manner of problems were brought up, from the building and equipping of

hospital kitchens and to how to make a home-made incinerator to the proper term for our hospital matrons in Chinese.

The program for the afternoon was a treat to all, but especially to those coming from the interior. Immediately after tiffin eight big touring cars took the party for a ten-mile ride through fields and woody roads, terminating at the summer palace of the rulers of the country. The chief points of interest were visited, including a boat ride on the lake, and a stop at the marble boat built for the Empress Dowager, but which, needless to say, is not navigable. The picturesque scenery was enjoyed to the full, and then came the home ride, which took us via the grounds of the Indemnity College. It was a memorable closing for the busy week, and but one of the evidences of the thoughtful interest of our hostesses for our pleasure.

Sunday was a day of rest with friends, new and old, in the city In the evening some wended their way to the Union Church, where a helpful sermon was preached by Dr. Fenn; and others attended the quiet, impressive service at the British Legation Church.

The last session of the conference on Monday, September 6th, was devoted to business, reading of reports, election of officers and committees, amendments to the constitution, and like matters. Votes of thanks were given to retiring officers, to our hostesses, and others who had contributed to a successful year and conference. It was voted to hold the 1916 meetings in September in Shanghai, and then to wait eighteen months for the next, convening at Foochow at Chinese New Year, 1918.

The session closed with prayer service and the members separated to return to their work with new inspiration and zeal, feeling that it had indeed been "good to be there."

M. L. S.

The officers for 1915-16 are: President, Miss Powell, Peking; Vice-President, Miss Gregg, R.N., Tientsin; Treasurer, Miss Chisholm, Shanghai; General Secretary, Miss Batty, C.I.M., Shanghai.

FROM THE FRONT

Some excerpts from letters from a Nursing Sister who was at La Panne, Belgium, will be of interest. Under date of June 15, 1915, she says:

I feel as though I had so much to write about I hardly know where to begin, so I'll start at the hospital. It was formerly the hotel. What used to be the dining room is now divided into three rooms, two operating rooms with a room between, where the patients are brought in on stretchers and wait until a table is empty. One room is called

"The Salle Septic," the other "The Salle Aseptic." Dr. Depage operates in these two. There are two tables in each room and they are rarely empty. All the big dressings from the whole hospital are done there too, either by Dr. Depage or his assistants, of which he has quite a number. There are lots of doctors here, among them six Americans (but we rarely see them). I forgot to tell you I am working in the aseptic theatre and just love it. All the nurses are Belge, and, of course the doctors. Not one of the nurses or doctors speaks English, so I had a pretty hard time at first and I guess they had too, but now I'm beginning to understand what they want, especially if they look at it when they ask for it. I hope I'll be left there. Dr. Depage and Dr. Jansen are both lightning operators. Sunday afternoon they did five new cases in one hour. We also did some hustling, keeping them supplied with things. We only have one little lone gas pot hole to sterilize everything for our two rooms, and the nurse from the receiving operating room has to come over to us to boil her things, so when you put something on you want in a hurry, when you come back its usually reposing on the floor and someone else's things are on the "feu." There are four other operating rooms besides ours. They are in the pavilions that have been built around the main building. These are portable buildings one storey high, wood with metal roofs and wonderfully finished and complete. Most of them have two sides, with a hundred beds in each. A nurse is in charge of each side, with her nurses and orderlies quite separate. Then they have nurses in charge of the operating rooms, and all the dressings and minor operations are done there.

Well, I've written all this and have not yet told you about the terrible time we had a week ago on Sunday night. We were just nicely off duty when one of the new pavilions took fire. It had just been opened that afternoon by the King and Queen, and was called "The Albert Elizabeth." Luckily there were only thirty patients in the wards but the beds were all made and everything ready. It started about 9.15 and went, of course, like a matchbox. They called out the soldiers (who go to bed at 8.45), and they worked like heroes. They got everything out but four beds. They sat up on the roof and threw water in, until it seemed as though nothing could save them. They formed a line to the kitchen and passed pails and jugs until the water gave out. Then they formed a double line to the ocean, some of them standing up to their waists in water, and the things went up and down like clock work. Then the roof of the next pavilion started to catch so they had to take everything out of it. There were 300 patients as well as beds. This time all the beds were put on the beach from the 1st pavilion, so the patients were carried out and put on them. It looked so serious by this time that the doctors decided

every patient must go out. So you can imagine all that could go by themselves went and the rest were carried on stretchers, mattresses and in blankets. There were no lights, only a few candles, so you may picture the weirdness of it. For all the excitement not one was the worse for his trip out, and some were a good deal better.

It takes a long time to tell, but it took very little time after all, as the worst of it was over in an hour-and-a-half. The other buildings did not go, the men got up on the roofs and pulled off the pieces as they caught and put on wet blankets. Luckily the main building is five storeys high, and a house next to the pavilion was also five storeys high. The men were up there too, and pulled off a good bit of it, but saved the house. We had all the patients back in bed by 12.30 and we went to bed a pretty tired bunch. We had lots of dressings in the oper-rooms, cuts, burns, etc., but the "blesses," as they call the wounded, were sent on to the other hospitals as they arrived—poor things, it meant a trip of 25 miles more for them, and the ambulances are not the most comfortable things to travel in. We know, as we came from Calais (50 miles) in them.

June 16th.—We have had such a lot of terrible cases in since yesterday noon. They have been losing their legs and arms and hands like we'd throw away matches, poor things. This world is surely going to be a terrible place if this war doesn't end soon. These men are all such big, strong, healthy fellows and so young, most of them. If you saw the tiny little bits of shrapnel and bullets that work all this havoc you could hardly believe 'twas possible they could tear them up the way they do, and smash up their bones. The explosive bullets are terrible.

August 2nd.—There was some dreadful fighting yesterday. We could hear the bang, bang, bang all day. To-day we have had some dreadfully wounded men, it's wonderful how patient they are. Yesterday, at noon, they 'phoned from a little place, St. Idesbald, to say an aviator had landed there in his aeroplane. He was English, and had been to Bruges that morning, and while there the Germans had struck him (they're awfully good shots). The man in the aeroplane with him had done a dressing as well as he could, and he was trying to make the hospital when he got too dizzy to stay up any longer. Whoever 'phoned, said he could not get out of the aeroplane, if he did his leg would stay behind. So Dr Depage and some others hurried over with the necessities to amputate, but found they could bring him to the hospital, which they did. He has an awful leg, five inches of the bone was smashed to powder and his knee-cap off. Imagine what he must have suffered; they are all talking of his courage. Last night they were afraid he would die, but to-day he's some better. His name is Liddeel, he is about twenty-five and very bright and does

not think he has done anything out of the way. I wonder if you will see anything in the papers about him. I do hope he gets better. So many of the patients are infected from the pieces of their clothes that are carried in with the bullets and shrapnel, but his clothes would not likely have the germs on them that they get in the trenches. Yesterday a Belgian major died from general poisoning, and the only wound he had was a little one of the ankle. It's dreadful, isn't it? The Belgian doctors have been so nice to us—for Dominion Day they gave us a tea, and the next evening they presented us with a great big sheath of flowers, and one of them made a speech in English and told us how much they appreciated our coming over to them, and especially when we could be nursing either our own Canadians or the English soldiers. They are all anxious for us to stay, which is a nice pleasant feeling. The last p.m. I had, we walked to Adinkerke and went over the bridge on which King George and King Albert met, then we had a look at the barge Maxine Elliott has from which she gives soup and bread to the soldiers on their return from the trenches. She also gives out clothing for children, when the people bring a note from the Mayor. She was here one day to a concert and I got a very good picture of her talking to Dr. Depage. The Prince of Teck was living here for a time, but has gone back to England. He admired the Canadians very much, and I am told said he thought they were a very fine looking lot of women (we are very greedy of appreciation these days); I can't speak from experience, as I've been fortunate enough to have been with the Belgian nurses ever since I came, and they have been lovely to me. Yes, we wear the same uniform as the military nurses, but have white buttons instead of brass, as we have no standing. We chose the military uniform so that if any of the nurses wanted to join the contingents afterwards they would only have to get the buttons. A few would like to go to the Dardanelles, but the majority are coming home, I think.

The Royal Pavilion was opened on Sunday just eight weeks from the night 'twas burnt down. They have improved on the other. This time they made the centre wing half the size and have a lovely shelter now, where the beds can be wheeled outside; the men do love to be out so much. They have a space fenced off on the sands, and it's funny to watch the head nurses out at seven chasing their chickens in. They come just like children, dragging one leg after the other. It's very amusing to the onlookers but not so much probably to the persons taking part.

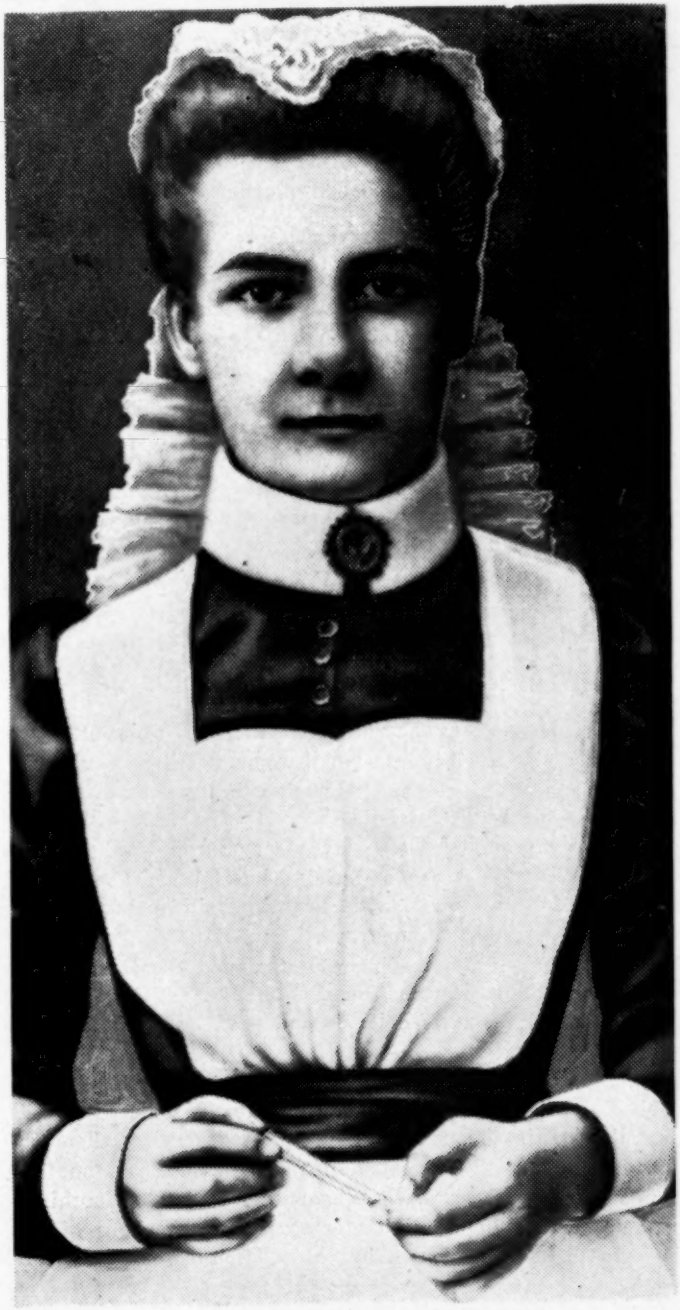
The next letter is dated September 15, 1915, at Juilly, France.

We left London Wednesday 10 a.m. and arrived in Paris, via Dieppe, at 2.30 the next morning, pretty well tired out. We

had a very hard time getting our papers, the French are so frightened of nurses, as they've had so many spies. However, we arrived. There is very little doing here just now. I don't know whether it's because there is no fighting or they don't want to send their patients or not, but I had a letter from one of the girls still at La Panne, and she says they are very quiet too. One can't believe a word in the papers.

This is supposed to be the most fertile valley in France. It's very beautiful, with its different colored fields and little villages nestling under or on the side of the hills. They say the farmers are very rich, certainly their places look like it. Such large old places, with lovely grounds. Have only been for two short walks so far. Yesterday I saw such an old chateau, more than half of it in ruins, very large, with peep-holes for guns all over it. The fence around it is all stone and very high. I was just dying to go in, or even get a look at the front, but couldn't, the grounds were so large. All these very old places have towers beside them with no windows. I suppose where they all fled to in times of war. Have come to the conclusion that that is what is the matter with England, she has been so protected by her navy for so many years that she can't realize any danger could come to her. There is certainly something wrong over there. They have not had to fight for every inch of land as the French have, and so often too. It's a study to notice the difference in the expression of the faces of the people over here and in England—there is tragedy written all over them here, while in England they think a Zeppelin raid a fireworks show.

I discovered to-day that the first of this place was a monastery, built by the Capuchine monks, in the 11th century, made into a school in the 16th century, and added to in the 18th century. The wing that is now the hospital is the newest part. At one time they had about 500 boys. There is quite a nice chapel. There are several sisters who look after the boys, one of them often comes over to see the "Blessis." She was a military nurse for nine years, until the Government turned them out. She told us yesterday that "Apres le guerre," the Government were going to reinstate them. How all are looking forward to "Apres le guerre." I hope 'twill be the heaven they expect. My "Blessis" are coming back, so must go and see about them. Twenty-nine went for a motor ride and a picnic to the Mayor's grounds.



MISS EDITH CAVELL.

Editorial

EDITH CAVELL

The deliberate and cold-blooded murder of Edith Cavell, the English matron of the Belgian Training School for Nurses, in Brussels, by German officials, has roused the indignation and called forth the condemnation of the civilized world. Nurses everywhere have felt personally bereaved, and have sought to honor the memory of this nurse martyr.

The Memorial Service, held in St. Paul's on Sunday evening, October 31st, under the auspices of the Toronto Chapter of the Graduate Nurses' Association of Ontario, was a fitting tribute to this noble woman. The nurses (some 600) occupied the centre front of the church, and immediately behind there were about three hundred representatives from the nine military units of the city. The vast edifice was crowded to the doors, many being unable to gain admission.

"He saved others, Himself He cannot save" was the text of a powerful and inspiring sermon by the Ven. Archdeacon Cody, D.D., Nurse Cavell had saved others, herself she could not save. Dr. Cody paid a tribute to Mr. Brand Whitlock, the United States Ambassador, who had done all in his power to prevent the murder.

"From Brussels comes the voice that is echoed around the world, "Remember Edith Cavell," remember womanhood, remember sisterhood, remember motherhood, and remember the tyranny of the enemy. But the results of the life and death of Edith Cavell will last—last beyond that great and glorious day when Europe will have freed itself of tyranny. Whatever material memorial may be erected to her the name of Edith Cavell will always remain an inspiration and her name will be among the immortals."

Following the sermon the big organ played the Dead March in Saul, which was followed by the sounding of the Last Post. Hundreds in the street stood with bared heads and paid tribute with those in the church.

But this is only one way in which nurses are privileged to honor this noble, patriotic and self-sacrificing woman. We can always honor her by following in the path of true, devoted service wherever our work may lie. Not all are called upon to be martyrs, but all are called upon for loyal, true, whole-hearted service, and nothing less all the time can mould the character so that in the hour of trial it will be ours to have the quiet, brave, unflinching courage of Edith Cavell.

CHRISTMAS

We are nearing the close of another year. Another Christmas season finds us still in the grip of this awful war that has brought desolation to so many hearts and homes. All the greater need, then, for the spirit of service which ever delights in giving joy and happiness to someone.

Our Christmas wish for our nurses at home and abroad may be fittingly expressed by Raymond's petition: "Author of Life and Architect of the Universe, we commend ourselves to Thy keeping. Grant to us a better understanding. Help us to be noble women. Give us a clearer view. May we observe Thy presence in everything. Enlarge our vision, widen our horizon. Let us dwell on thoughts that lift and live. Open our ears to the music. Give us decision. May we grow and rise daily to higher things. Make us considerate. May we honor those who are doing their best. Give us the thankful spirit. Fill our hearts with a noble discontent, the discontent that will cause us to move to better things. May we hold every day sacred. May we hold our honor sacred. And, should we become careless, just remind us. Should we forget our high destiny and become wrapped up in our playthings, then gently take them away."

NURSES' ASSOCIATION OF CHINA

The report of the conference of the Nurses' Association of China makes interesting reading. Their problems do not differ greatly from ours. Their evident optimism and courage in facing them is commendable. If all problems were faced thus, they would soon disappear. The workers there are "making a life" that is truly worthy.

There is one note struck that should be sounded loud in Canada: "Beware of understaffing your hospital lest you be forced to lower the grade of your work." The difficulty of obtaining a sufficiently large staff to carry on the whole work of the hospital efficiently seems to confront many workers. This difficulty is even greater in that most vital part of the hospital—the Training School for Nurses. So often the superintendent, a nurse, is expected to be housekeeper, bookkeeper and collector, operating-room nurse, the only nurse teacher, in addition to her duties as superintendent. It is utterly impossible for one person to do efficient work in all these departments. The result is "demonstrations and lectures are given when convenient." In other words, the pupil nurses are the sufferers. Is this right? Is this fair? These young women give willing work to the hospital for three strenuous years in full expectation of receiving a good training in return. In all fairness they ought not to be disappointed.

And who is responsible for this undesirable state of affairs?

Not the superintendent, who is putting forth herculean efforts to overtake all the work expected of her. It is the hospital boards that are responsible. They should be aroused to a realization of the fact that they are **treating very unfairly these very young** women who are doing so much to make the hospital possible. It is high time steps were taken to open the eyes of hospital boards to their responsibility in this matter.

"Beware of understaffing your hospital lest you be forced to lower the grade of your work."

THE GOVERNMENT COMMISSION

The appointment, by the Ontario Government Board, of a Commission to enquire into and report upon medical education, also the present status, methods of examining, licensing, etc., of all those who have any relation to the practice of medicine, including nurses, gave the nurses a good opportunity to present to the Commission the needs of the nursing profession. As the time was limited in which to file a request for a hearing, the executive had to call a special meeting to make arrangements. The report appears in the Association's page and should be read by every nurse in Ontario, whether she is a member of the Association or not.

Here again crops up the handicap caused by the lack of complete organization. If all nurses were interested in their profession to the extent, at least, of identifying themselves with existing organizations, work like that undertaken by the committee would be comparatively easy. But there are always those who hold aloof, who seem to think their little part doesn't count for much and will not be missed. No error works such mischief, for it always means weakness where there should be strength.

But any nurse interested in this subject, whether she has done her duty by the profession in the past or not, now has the opportunity of helping in this good work. The request of the committee should not be allowed to pass without some response. Have you a suggestion? Send it at once to the secretary. The next hearing may be called at any time, so don't delay any suggestion or any assistance you may find you are able to give the committee.

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO.

(Incorporated 1908.)

President, Miss Kate Madden, Supt. of Nurses, City Hospital, Hamilton; First Vice-President, Mrs. W. S. Tilley, Brantford; Second Vice-President, Miss Kate Mathieson, Supt. Riverdale Hospital, Toronto; Recording Secretary, Miss E. McP. Dickson, Supt. of Nurses, Toronto Free Hospital for Consumptives, Weston; Corresponding Secretary, Miss Isabel Laidlaw, 137 Catherine St. N., Hamilton; Treasurer, Miss E. J. Jamieson, 23 Woodlawn Ave E., Toronto.

Directors: Jessie Cooper, Ina F. Pringle, J. G. McNeill, J. O'Connor, E. H. Dyke, L. M. Teeter, M. J. Allan, M. L. Anderson, S. B. Jackson, Isabel R. Sloane, and G. Burke, Toronto; Mrs. Reynolds, Miss Simons, Hamilton; Bertha Mowry, Peterboro; C. Milton, Kingston.

On October 20th, 1915, a special meeting of the executive of the Graduate Nurses' Association of Ontario was called to consider the advisability of the Association appearing before the Medical Commission, recently appointed by the Government to report upon all matters relating to Education for the Practice of Medicine in the Province of Ontario; the present status, methods of examining, licensing, etc., of all those who have any relation to the Practice of Medicine, including nurses.

It was decided that this was an opportunity not to be lost and a committee was appointed as follows: Mrs. Clutterbuck, Miss Gunn, Miss Crosby, Miss Stewart, Mrs. Pafford, Mrs. Tilley, Miss Eastwood, Miss Jamieson, Miss Mathieson, Mrs. Pellatt, and Miss Dickson as convener.

Four special meetings of the committee were held, and the delegation appeared before the Commission on November 2nd, 1915, with about two hundred nurses present.

Miss Dickson made the introductory statement, showing, by extracts from information submitted, the great necessity for uniformity of training, examination and registration of nurses of the province, and the lack of proper assistance given to many hospital superintendents for the training of pupils, etc.

Miss Bella Crosby then spoke on "The Field Occupied by the Graduate Nurse in the Community."

Miss Gunn then gave on behalf of the Association the following "Suggested Plan for the Regulating of the Training, Examination, and Registration of Nurses."

1. That the department of the Provincial Government by which Training Schools for Nurses are controlled shall appoint a Council of Nurse Education composed of seven members, two of whom shall be

physicians connected in a teaching capacity with an approved training school for nurses and recommended by the Ontario Medical Association, and the remaining five members shall be nurses recommended by the Graduate Nurses' Association of Ontario.

2. That all subsequent appointments to the Council of Nurse Education be made in the same way as the original appointments.

3. That a secretary be appointed from the nurse members of the Council of Nurse Education, an office provided in the Parliament Buildings, and a suitable salary paid.

4. That an Inspector of Training Schools be appointed, the appointee be a nurse recommended by but not a member of the Council of Nurse Education. That her expenses and a suitable salary be paid.

5. That uniform examinations prepared by the Council of Nurse Education be held twice a year in theoretical and practical nursing at centres convenient for nurses in different districts, such as: Fort William, North Bay, Ottawa, Kingston, London, and Toronto. The practical examinations to be held in a hospital in the district in which the examination is being held. That the Council of Nurse Education appoint two nurse examiners in each district for a certain period of years, whose duty it shall be to examine the candidates in practical work and to act as presiding officer at the written examinations. That all written examination papers be examined by the members of the Council of Nurse Education.

6. That a record be kept by the secretary of all nurses meeting the above requirements, and some form of designation be adopted.

7. That all nurses who have graduated from or are at the present time in training in any training school approved by the Council of Nurse Education, shall be allowed to use the designation agreed upon without examinations and to become registered as thoroughly qualified nurses.

8. That all details necessary for the successful working out of the plan be left to the Council of Nurse Education.

The above plan, if adopted, would necessitate the payment of two salaries, the expenses of which would be partially met by the collection of examination and registration fees.

It is the hope of the nurses of Ontario that after uniformity of training has been successfully introduced, some way will be opened to establish a chair of nursing in one of our Provincial Universities, thus enabling Canadian nurses to extend their education along broader lines and to feel that in our country we can obtain any education in nursing to which our ambition may lead.

After the views of the Association had been presented, Mr. Justice Hodgins made the following statement:

"I might say that I think it is a great deal to the credit of the

nurses that they have taken the matter up in such a practical way. In fact, they are the first body that has so far appeared before the Commission with any definite scheme which they want put into operation. It seems to me that the matters you have so ably dealt with to-day are things that will require to be met in some way, and the information you have given me to-day is not only very interesting but also extremely valuable to me."

This, of course, was only a preliminary hearing, and there will be much for the committee to accomplish before any definite result can be expected, and the profession is requested to assist by supplying promptly any information asked for, which will facilitate the work to this end. The committee will welcome any suggestions from nurses who may be interested. These may be sent to the secretary, Miss E. MacP. Dickson, Toronto Free Hospital, Weston, Ont.

"War Work for the Winter"—

The National Relief Committee is shortly to issue a booklet entitled "War Work for the Winter," containing information as to the needs and scope of all the societies represented upon it—Red Cross Society, St. John Ambulance Association and Brigade, and the National Service Committee. This should give a manual for all workers in a handy form. Its production has been delayed by the loss of certain instructions from England, which went down in the Arabic's mail bags.

"Not a Single Box or Bale Lost"—

The commissioner is able to give the proud report that not a single box or bale consigned to our Canadian depot in France has been lost. This statement should answer the very frequent questions which come to the head office about the possibility of forwarding goods to France. Very often we are asked whether it is best to send them through the Red Cross or "direct to the hospitals." We answer with confidence that there is no more direct and not any equally safe way of consigning goods to our Canadian Army Medical Corps as through the Red Cross, which has its system of orderlies to supervise the arrival and departure of all goods at all Canadian Red Cross depots. On the other hand we would repeat again the warning given by our commissioner in our last *Bulletin* that the Red Cross Society is not an express or freight company for the carrying of goods designated to certain persons. The Canadian Red Cross Society is a branch of a great international organization for the relief of the sick and wounded, collecting goods and distributing them according to the discretion of its executive committee as advised by its responsible commissioners at the Front.

The right channel by which persons should send individual parcels to their friends is through the General Post Office or by express at their own charge and not at the public expense.

THE CANADIAN NURSES' ASSOCIATION AND REGISTER FOR GRADUATE NURSES, MONTREAL

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First Vice-President—Miss Colley, 23 Hutchison St.

Second Vice-President—Miss Dunlop, 209 Stanley St.

Secretary-Treasurer—Miss Des Brisay, 16 The Poinciana, 56 Sherbrooke Street West.

Registrar—Mrs. Burch, 175 Mansfield St.

Reading Room—The Lindsay Bldg., Room 319, 512 St. Catherine St. West.

The monthly meeting was held on Tuesday, November 2nd, when a most interesting lecture was given by Dr. MacMurtry on medical work in China. It was illustrated with very fine slides, and the doctor showed a number of photographs and Chinese instruments to the members at the close.

It was a pleasure to welcome Mrs. Shurman and Miss Fisk, both of whom have been absent for a very long time owing to illness.

Miss Kent and Miss Hulme, delegates from London to the congress in San Francisco, were in town for a week. The former gave the members of the Guild of St. Barnabas a brief account of the meetings, which was listened to with a great deal of pleasure.

To steel our souls against the lust of ease;
To find our welfare in the common good;
To hold together, merging all degrees
In one wide brotherhood.

To teach that he who saves himself is lost;
To bear in silence though our hearts may bleed;
To spend ourselves, and never count the cost.
For others' greater need.

This be our part, for so we serve you* best,
So best confirm their prowess and their pride;
Your warrior sons to whom in this high test,
Our fortunes we confide.

*Our Country.

—OWEN SEAMAN.

The rural nurse has come to stay. This is a triumph for the trained nurse and also for the rural communities. There is a big problem to be solved in the rural districts, and now is the time for those interested to work. The problem is not only to supply trained, safe help for those who are ill, but, also, to prevent disease and weakness by giving sensible and timely advice to all, so that the children will grow up knowing how to care for themselves, knowing the simple, hygienic principles of right living, of which they are wofully ignorant at present.

There was a danger at one time that the trained nurse might step aside and let others do this work or leave it undone. The trained nurse was said to be too fond of the hum of the city, too fond of the homes of luxury and wealth, to be willing to desert them for the plain homes of the sterling people, who mean so much to our country. That danger is almost—we should like to say, wholly—passed.

The last year has demonstrated in many districts just what Victorian Order nurses can do in the rural parts, and this summer it has been with the greatest satisfaction that we have heard the praises of our country nurses ring throughout large areas.

And what are some of the secrets of that success? We found that the nurse who is first and foremost a good, kindly and sincere woman is the one who is needed—the woman with ideals, who has never had time for the little pettinesses and affectations, which so often mar our women in all walks of life. Next, the woman who is well-poised, who knows her business, and goes about it without any bluster, is the one to inspire confidence and hence to reach the most people. And the nurse who is not forever thinking of her dignity, and should she do this, or should she not, will not do much good anywhere, least of all in a country district. We have in mind two nurses—the one said she objected to carrying water when the lazy men were there to do it. The other never had to even hint that she needed water—everyone

was trying to "help nurse" in some way, and so it goes. The right kind of nurse puts new life into a community, and brings out the very best that is in each one in that district.

The satisfaction that comes from good work accomplished is the nurse's in the rural districts. She goes in, everything is to be done, the field is hers and piece by piece she takes up the work—the practical nursing, the pre-natal and child welfare work, the talks to the mothers, the teaching in connection with contagion, the school nursing, and the talks to the girls and boys and the hundred and one little private talks with those in trouble, who instinctively seek out the nurse—all help to endear her to the whole community, and unconsciously, she is moulding the people, so that ere long, the community will have a higher health standard, and, consequently, a higher moral standard than ever before. Is that worth while?

HOSPITALS AND NURSES

Ontario

Miss Beatrice Kent and Miss Hulme, of London, England, were guests at the Toronto Graduate Nurses' Club on their way home from the San Francisco Congress, to which they had been delegates. They forged another strong link in the chain which binds together the nurses of the old land and the new.

The regular monthly meeting of Victoria Hospital Alumnae Association, London, was held on Tuesday evening, November 2, 1915. in the Nurses' Parlor. Dr. Hadley Williams, one of our leading surgeons, delivered a very interesting address on "The Advanced Methods of Preparation and After-treatment of Surgical Cases."

A committee was formed to confer with the Local Council of Women and arrange with the Rev. Canon Tucker for holding a memorial service for the martyred Edith Cavell.

After the close of business, Miss Stanley entertained those present to a pleasant dance and refreshments.

Peterboro.—The annual meeting of the Nicholls' Hospital Alumnae Association was held in the Board Room of the Public Library on October 22, 1915. The following officers were appointed: President, Miss B. Mowry, 588 Charlotte St.; Vice-President, Miss S. Wood; 2nd Vice-President, Miss M. Gordon; Secretary, Miss E. Davidson, 563 Park St.; Treasurer, Miss Walsh; The Canadian Nurse Representative, Miss M. A. Ferguson.

The following recent graduates were received into membership: Miss Marguerite Hamner, Lila C. Roberts, Edith G. B. Howson, Gertrude M. Fife, Effie A. Empey.

A committee was appointed to purchase Christmas gifts for our overseas nurses.

Misses Mowry and Walsh have passed their examinations very creditably, and are again with us awaiting the call to go for overseas service. Miss F. Dixon is leaving shortly for Montreal. We shall miss her.

The regular monthly meeting of the Alumnae Association of the G. & M. Hospital, Collingwood, was held at the Hospital with a good attendance. After the close of routine business, the members arranged for a special meeting when a lecture on Public Health will be given. In future all meetings will be devoted to the making of Red Cross supplies.

Miss Beaton has returned from Mindemoya, Manitoulin Island, where she has been nursing.

Guelph.—The graduating exercises of the Guelph General Hospital were held in the Nurses' Residence on Friday, October 15, 1915, when the nurses received diplomas.

Mr. G. B. Ryan was chairman for the evening. He gave a short review of the work the hospital had done from a small beginning until the present time.

Ven Archdeacon Davidson addressed the graduating class in a most acceptable manner.

Dr. A. McKinnon administered the Hippocratic oath and presented the diplomas.

Dr. Roberts presented the badges.

Music by an orchestra and several solos were given in a most efficient style and the whole ceremony passed off most successfully. Refreshments were served by the pupil nurses, and a very enjoyable social hour was spent.

Miss Willoughby and Miss Cross took the highest percentage in examinations, and will be presented with silver thermometers at the next meeting of the Alumnae Association.

The graduates are: Misses Myrtle L. Howe, Cassie Willoughby, S. S. Livingstone, Emma B. Bayne, Pauline G. Essery, Margaret Densman, Hope Cross, Eileen P. Schant, Ella Ziegler, Esther Donellan.

Miss Emily Eisele, graduate of the Guelph Nursing Hospital, has been appointed to organize School Nursing in New Liskeard, New Ontario.

The Kingston Chapter of the Graduate Nurses' Association of Ontario held its regular meeting on October 12th. Several interesting letters were read, and there was considerable discussion about the "eligibility clause" of the Association.

A very interesting letter was read from one of the Canadian nurses on the Island of Lemnos, Dardanelles, telling of the lack of supplies and food for the patients and nurses. Since that time the chapter has sent several boxes of food supplies and more will follow.

Any contributions will be gladly received at any time by the secretary-treasurer, Miss F. Hiscock, 117 William Street, Kingston, Ont.

The Alumnae Association of Kingston General Hospital held its regular meeting on November 2nd. There was a large attendance. Several schemes for raising money for Queen's Stationary Hospital were discussed. It was decided to have a tea and sale on Friday, November 19th. It is hoped we will realize a goodly amount.

The regular monthly meeting of the Central Registry Committee was held at the Nurses' Club, 295 Sherbourne Street, Toronto, on November 1st, 1915.

The total calls for the month of October were 340, of these 206 were hospital calls.

The financial report showed a total balance of $1,589.75.

The Wellesley Hospital Training School for Nurses, Toronto, held its first graduating exercises on October 15, 1915. Sir William Mulock, president of the Board, acted as chairman. The Rev. Alfred Gandier, D.D., gave the opening prayer. After a few brief remarks, the chairman asked for the report of Miss Elizabeth G. Flaws, Superintendent of the Hospital. A summary of the three years' work was given by Miss Flaws from the opening of the hospital on August 26th, 1912, up to the present.

A highly inspiring address on the ideals and ethics of the nursing profession was given by the Venerable Archdeacon Cody, who traced the history of nursing from the early Roman days to the present. Lady Hendrie distributed the diplomas and school pins.

The Sir John Eaton scholarship (senior year) for general proficiency went to Miss Mina Ferguson.

The Herbert A. Bruce scholarship for proficiency in operating-room technique was won by Miss Ruth Downey.

The Sir William Mulock scholarship in the intermediate year, for general proficiency, was won by Miss Helen Carruthers and Miss Clara Young, both being equal. The same happened in the Sir Edmund Osler scholarship, junior year, for general proficiency. Miss Mabel Foster and Miss Hazel MacInnes being equal. The donors presented the prizes and announced that instead of splitting the award, they would double it, so each nurse received the full reward.

After singing the National Anthem, the guests were asked to remain for a cup of tea. Tables in the sun parlor and the library were beautifully decorated with flowers. The graduates received the congratulations of their friends.

The graduates are: Misses O. Edna Bastedo, Ruth Rogers Downey, Ethel Mary Hogaboom, Margaret E. Duncan, Jeanette Simpson, Mary Willimina Ferguson, Anna M. Stedham, Laurie K. Stinson, Gladys Burns Herod, Clarissa Chapman MacNeill.

An alumnae was formed of the graduates, with Miss Flaws as

honorary president; Miss Laura K. Stinson, president; Miss Ruth Downey, vice-president; Miss Anna Stedham, secretary-treasurer.

Miss Helen Rennie, graduate of Johns Hopkins Hospital, has been appointed assistant superintendent at the Wellesley Hospital, Toronto, and Miss B. Wilkins, J.H.H., one of the head nurses.

Miss Goalay, who has been in Montreal for several years, has returned to Toronto to take up private nursing.

Miss Nicol, who has been at the Baby Hospital, New York, has returned to Toronto.

The corner-stone of Port Hope's new $25,000 hospital was laid on October 9, 1915. The building is to be ready for occupation in March, 1916.

At the regular monthly meeting of the Central Registry Committee, the following reports were submitted for the summer months: Calls for July, 292; August, 262; September, 238; total balance, $1,586.80.

The St. Michael's Hospital Alumnae Association held a very successful miscellaneous shower on October 26th, afternoon and evening, for the nurses and doctors with the University Base Hospital. The Sisters and pupil nurses also contributed generously. The hospital drawing rooms were tastefully decorated with the flags of the Allies, and refreshments were served by the senior nurses.

The Alumnae Association of St. Michael's Hospital held their first meeting for the year on October 18th in the lecture room of the hospital. There was a fairly large attendance, and much business was disposed of. The discussions were free, and we hope the interest will continue to grow.

Miss Catherine Cuthbert (S.M.H.) has returned to Toronto after an absence of a year and a half.

Quebec

Miss Dorothy Cotton, class '10, R.V.H., Montreal, who has been with the McGill Hospital in France, has been asked to represent Canada in the Anglo-Russian Hospital, Petrograd.

Miss Clint, graduate R.V.H., Montreal, writes most interestingly, as usual, of her journey to the Dardanelles, where several hospital units were ordered in August. A card from her, dated October 9th, shows that she is on the Island of Lemnos, where the conditions have been, it is to be feared, very terrible, and the work exceedingly heavy. But she writes cheerfully as they all do, only too happy to be able to do work where it is so much needed.

Miss Josephine Armstrong, class '12, R.V.H., Montreal, is at the Queen's Military Hospital at Shorncliffe. Miss Edith Stuart and Miss Lamont, graduates R.V.H., Montreal, who are among the volunteer nurses at La Panne, have now joined the McGill Hospital in France.

Mrs. MacDonald (Miss Whelply, class '14, R.V.H., Montreal),

writes pleasantly of her new home in Shawinigan Falls, P.Q., where her husband, Dr. Dalraddy MacDonald, has a well-appointed small hospital.

Miss Sinclair, class '14, R.V.H., Montreal, is at present with her sister in Cornwall, Ont., where she seems to be leading a pleasant "out-of-doors" life, riding, etc.

The monthly meeting of the Alumnae Association of Montreal General Hospital was held on the evening of October 8, 1915, in the S.O.R. After the business was disposed of, a most interesting address was listened to, given by Dr. Thornton, head of the department of dentistry at McGill University and also at Montreal General Hospital.

Miss Moores, class '12, returned to the city after several months' visit to her home in Newfoundland. She has since gone to Quebec city to take the military training.

Miss Ketchen, of the Hospital staff, who was indisposed for a time, is back on duty again.

Miss Caldwell, class '10, is at present enjoying a holiday at her home in Arnprior, Ont.

Miss Dewar, class '09, took charge of the infirmary of Goodwin's Ltd., on November 1st, relieving Miss Jean Wilson, class '09, who has held the position for two years.

We are sorry to hear that Miss Vipond, class '12, will be laid up for some time, having severed the tendon of her forefinger in an accident.

News from our four nurses at the Dardanelles, viz., Capts. Upton and Forbes, Lieuts. Holland and Galt, tell us that they have been undergoing many hardships, especially for lack of palatable food, but the latter has improved very much lately, as Sister Upton had been appointed head of the mess committee. The nurses lament the great lack of food and comforts for the poor wounded soldiers.

The Misses Gordon, recent graduates, have returned to the city after an extended holiday.

Miss Kathleen Brock, in charge of private ward at M.G.H., has been away for a two months' much-needed rest, touring Western Canada and other places of interest. She is back on duty with more zeal than ever.

Miss Barbara C. Macnaughton, class '01, who has spent the past five years as Methodist missionary in China, is home in Montreal on a six months' furlough. She is, I understand, giving a course of lectures and is now in Ottawa, Ont.

On October 28th, Miss Dewar gave a miscellaneous shower in honor of Miss Jean Wilson, who is to be married the latter part of November. We all join in hearty good wishes, as Miss Wilson has been a very active and popular member of the Alumnae.

Miss Vivienne Tremaine, class '07, matron of No. 1 Canadian Casualty Clearing Hospital, "somewhere in France," had the honor of accompanying King George on his journey home from France. She obtained her military training at Quebec Military Hospital, heading the list of the graduating class, and received the appointment of matron, and left with the first contingent. Miss Tremaine's home is in Montreal.

Miss G. H. Colley, our president, who is a member of the Voluntary Aid Detachment, deserves great credit for having taken charge of the Khaki Military Convalescent Home, Belmont Park, every day since August 21st, and intends continuing indefinitely. As assistants she has three V.A.D. sisters on duty, a month at a time, from 9 a.m. till 1 p.m., and three others from 2 p.m. till 6 p.m. These are young ladies who have taken the first-aid course. A guard is on duty at night. There are twenty patients in the home at present. Over five hundred soldiers, wounded and medically unfit, have been accommodated for meals and bed, on passing through for their homes in Western points. These men are met at trains or boats by autos, conveyed to the Home and afterwards taken to their trains and made comfortable for the remainder of their journey. The Government allows 75 cents a day for the maintenance of these soldiers, but the added donations of food etc., make the accommodations luxurious for the men. The military home will no longer entertain the travelling soldiers as the new Khaki League Club, on Dorchester St., has just been opened for that purpose, as well as a recreation for soldiers sojourning in the city.

The Khaki Military Convalescent Home will hereafter only be used for sick and wounded soldiers who are convalescing.

Miss H. McLennan, class '14, has returned to the city, having spent the past three months at her home in Sydney, C.B., and the previous nine months travelling with a patient in the United States.

Mrs. C. Jones, graduate of Montreal Women's Hospital, class '15, has gone to Europe with the Quebec Military Corps.

Miss A. Heggie, class '15, Women's Hospital, Montreal, is taking a post graduate course at the Polyclinic Hospital, New York.

The graduation took place recently at the Montreal Women's Hospital of the following nurses: Misses J. Allen and C. Bryant and Mrs. P. E. Morgan. Diplomas were presented by Dr. Reddy and medals were pinned on by Miss Gall, graduate of the Montreal R.V.H., who also related some of her recent interesting experiences at the front. The Nurses' Home was artistically decorated with flags and flowers, gifts from friends of the graduating nurses. A musical entertainment, dancing and refreshments, made up an enjoyable though informal evening.

Quotations from letters written by one of our McGill Hospital nurses in France will be interesting. In speaking of one of the ward tents, of which she is in charge, she says:

"This tent is so pretty, it is tan with dark brown edges. One afternoon last week I went into Boulogne and got a golden brown sateen to cover the packing cases; so I have the linen cupboard curtained with it, also dish cupboard (both the same size and in which my orderly put shelves); then my medicine chest, a lower long one with a small one on top, the top for medicines and the lower for dressings and supplies; then still another with oilcloth on top for a washstand. I got a nice light blanket for my desk-table and made a blotter with a bit of blue and brown chintz (which I had left over from my own tent decorations) and a flat piece of asbestos. Now, all these boxes curtained with brass tacks and the brown sateen, the tan walls of the tent, and the blue dresses of the sisters; does it not sound attractive for a tired soldier?

"Some of the other tents are black and white, blue, yellow and black, etc. One next door is a pretty light yellow with black peacock feathers all over it."

In speaking of her private tent she says:

"The morning dawned bright and beautiful and I threw back our tent flap to look out on the most beautiful line of hills. My tent is in the very last row and there is nothing between me and the hills except fields of grain and red poppies. High up on the hills sheep are feeding and three white horses also. Have been all over the topmost points and the view from there is beautiful—first the fields, then the sea of tents, then the village, and beyond that the sand dunes and the sea. Our tents are half-way between Camiers and another pretty little village, Dannes: to either place we often walk."

"Yesterday four of us took a small motor and went to Montreul, where we had dinner and met an Imperial Officer I know. He took us all over the huge Indian Hospital, and really it was most interesting. There are only two nurses in the place and they are in the operating room. It is against the Indian principles to be nursed by women. We saw their kitchens, where they keep their stores, their butter called "Ghee," which is sacred and with which they smear their dead before burial. There are all sorts of castes there and they are so handsome with wonderful features. One man, a Gurkha, showed us his knife, called a "Khurki," a most murderous-looking weapon. They are supposed to draw blood every time it is shown. I asked the owner if he had ever killed anyone; he had not been to the Front, but a most satisfied smile came over his face and he said 'Yes.'

"On another day several of us went in an automobile to Hardelot Castle, fifteen miles away—such a pretty drive through the villages of Camiers, Dannes, Neuve Chatel and Hardelot, quaint little houses, and

the roses growing everywhere on the old stone walls to the castle gates. The lodge is sweet with a quaint little garden full of lovely bloom; then a long drive to the entrance gate, which in ancient times possessed its drawbridge and porteullis. These have long since disappeared and the gate is covered with ivy and the moat is filled in. The original castle was built in 811 A.D., but only the walls and dungeons of this date remain. The present castle was restored in 1223 A.D. Inside the gate is the little enclosure in the wall which formed the guards' room, in the olden days, and in which, through several apertures, he was able to command the entrance to this stronghold of an ancient family. The guide met us here and took us up steep old stone stairs, ivy grown, to the top of the wall which at an early date had been reinforced by five towers—four only remain. Here a shiny-leafed ivy falls over the parapets and creeps along the top of the wall. From here the view is wonderful, for one looks down on a valley through which a pretty little river flows, and beyond that are the Hardelot Woods. From here we came down to the inside of the wall to see the old ivy trunks grown through the centuries to the size of a man's arm, and in walking around the west side we came to the dungeon gate, and entered these gloomy prison cells (no windows anywhere), which we explored by the aid of a candle. Only fifteen years ago, in knocking down a ruined wall, an inner dungeon was discovered here, and a skeleton which had in life been chained to the wall.

"Napoleon I used these dungeons for some of his prisoners, and during the writing of the 'Tale of Two Cities,' Charles Dickens spent many months in this castle collecting ideas and information. After we once more came into the sunlight we returned to the front of the castle and climbed to the top of another wall, and from here the view was beautiful also, looking down on a modern golf course."

Miss Winnifred Ord, graduate of Sherbrooke Public Hospital, has left for Vancouver, where she expects to remain at least a year.

Miss Helen Hetherington, J.H.H., accompanied by her mother, is spending September and October at Lake Beauport, Que.

Miss Gladys Van, S.P.H., left recently for Indianapolis, Ind., on a visit to friends.

The new Civic Hospital for contagious diseases, at Quebec, was officially opened on September 30, 1915, in the presence of a large gathering of distinguished citizens. Ald. Dussault, chairman of the Civic Health Committee, opened the inauguration ceremony with an address of welcome to His Worship, Mayor Drouin. The Mayor responded and asked Cardinal Begin to bless the institution. Addresses were given by His Honor the Lieutenant-Governor, His Eminence Cardinal Begin, Dean Shrene, and Dr. Art Simard. The hospital has 44 beds and is under the direction of the Grey Nuns. Sister St. Gertrude is the Superior.

Nova Scotia

The annual meeting of the Nova Scotia Graduate Nurses' Association was held in the Nurses' Residence of Victoria General Hospital, Halifax, on October 16, 1915. There was a very large attendance. In the absence of the president, Miss V. L. Kirke, the chair was taken by the honorary president, Mrs. Wm. Forrest. After the invocation by Dean Llwyd, Mrs. Forrest gave a brief introductory speech and read a letter from Miss Kirke, which was enthusiastically received.

The secretary's report showed that the volunteer movement of the nurses for duty at the front had considerably affected the attendance at the monthly meetings. Twenty-seven members are on military duty, a number of these being at the Front.

Twenty-two new members were received during the year, one of these by examination.

With the consent of the Governor-in-Council, the condition of membership by which the applicant must be graduate of a 40-bed hospital, has been changed. She must now be a graduate of a 50-bed hospital. The object is to exclude from membership all who are ineligible for military duty, the minimum required being 50 beds.

Through the courtesy of the staff of the Children's Hospital, the annual examinations were held there.

A number of inquiries have been received from other Provincial Associations as to admission to membership by examination, and it seems probable that they will adopt this method.

Mrs. Forrest and Sister Pope have kindly consented to discharge the duties of the President until some one is appointed to fill Miss Kirke's place. The elections to the other offices are as follows: Secretary and Registrar, Miss E. M. Pemberton(re-elected); Treasurer, Miss Frances Fraser; Secretary Benefit Fund, Miss McKiel. Miss Mellifont was elected to fill the vacancy on the Benefit Fund Board, created by Miss Kirke's resignation.

Provincial Vice-Presidents, Miss Sheraton, New Glasgow; Miss Kirkpatrick, Truro; Miss Sampson, of the Nova Scotia Hospital.

Mrs. Bowman, Superintendent of Nurses, Victoria General Hospital, was elected to the Executive Committee.

After the business was transacted there were fine choruses by nurses of the training schools of the Victoria General Hospital and of the N. S. Hospital, and two beautifully rendered solos.

Mrs. Mader gave a most interesting address upon the work at the Infants' Home, and emphasized the fact that the personality of Miss Anna Fraser, the superintendent, who is a trained nurse, has wrought wonderful things at that institution. It was decided to make a contribution to the Home, which is doing so noble and far-reaching a work.

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A Nurses' Handbook of Obstetrics. By Joseph Brown Cooke, M.D., Fellow of the New York Obstetrical Society, etc.

Seventh edition, revised and reset by Carolyn E. Gray, R.N., Superintendent of City Hospital School of Nursing, Blackwell's Island, New York City, and Mary Alberta Baker, R.N., late Superintendent of St. Luke's Hospital, Jacksonville, Fla. Crown 8vo., 475 pages, over 400 illustrations. $2.00 net.

The occupying of this field of work by trained nurses would do much to lessen infant mortality, but too often nurses realize neither their responsibility nor their opportunity for service. Training schools usually think their duty done when the nurse is master of the knowledge and correct technique that will enable her to do her work successfully. Might they not go further and seek to awaken the nurse to a sense of her responsibility for the proper care of the patient and her opportunity to conserve life? This very complete and practical textbook, written especially for the City Hospital School of Nursing, gives the nurse the very thorough knowledge she needs, and also information and statistics calculated to awaken her to a sense of her responsibility.

Occupation Therapy, a Manual for Nurses. By William Rush Dunton, Jr., B.S., M.A., M.D., Assistant Physician at the Sheppard and Enoch Pratt Hospital, Towson, Md.; Instructor in Psychiatry, Johns Hopkins University.

12mo., of 240 pages, 43 illustrations. W. B. Saunders Company, Philadelphia and London. Cloth, $1.50 net. The J. F. Hartz Co., Ltd., Toronto, Canadian Agents.

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Diet in Convalescence. By H. M. Edmonds, Sister, Guy's Hospital. The Scientific Press, Ltd., 28, 29 Southampton St., Strand, London, W.C., England. Price one shilling net.

This book of the Pocket Guide Series gives some information as to foods and a collection of recipes suitable for the convalescent.

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BIRTHS

On October 8, 1915, at New York, to Mr. and Mrs. Trow, a son. Mrs. Trow (Miss Wing) is a graduate of Stratford General Hospital and late Assistant Superintendent in Owen Sound, Ont.

At Moose Jaw, Sask., on October 5, 1915, to Mr. and Mrs. C. M. Learmonth, a son. Mrs. Learmonth (Alice West) is a graduate of Toronto Western Hospital, class '10.

At Guelph Apts., Winnipeg, on September 5, 1915, to Major and Mrs. E. G. Rogers, a son. Mrs. Rogers (May Watson) is a graduate of the Hospital for Sick Children, Toronto, class '07.

At St. Catharines, Ont., on September 16, 1915, to Mr. and Mrs. R. L. Dunn, a daughter (Anna Catharine). Mrs. Dunn is a graduate of the Mack Training School, St. Catharines, class '03.

MARRIAGES

At St. John, N.B., on June 17, 1915, Miss Muriel Gillis, class '11. R.V.H., Montreal, to Mr. Charles Harold Brock.

At Ottawa, on September 2, 1915, Miss Marie Antoinette Valade, class '12, R.V.H., Montreal, to Dr. Louis A. Roy, of Lethbridge, Alta.

On September 18, 1915, at Beckenham, Kent, England, Miss Mabel Trenholme, class '12, R.V.H., Montreal, to Sergeant Frank Findlay, of the 5th Canadian Mounted Rifles.

On October 25, 1915, at Montreal, Miss Jessie Edington, graduate of Montreal Women's Hospital, class '12, to Mr. James T. Wade, of Ottawa.

On September 1, 1915, at Toronto, Miss Robinson Gale, graduate of Riverdale Hospital, Toronto, class '07, to Mr. W. Robinson, Toronto.

On August 18, 1915, at Arnprior, Ont., Miss Frances Piggott, graduate of Riverdale Hospital, Toronto, to Mr. Archibald Murphy.

At Morrisburg, on October 12, 1915, Miss Clara G. Elliott, graduate of the Nicholls' Hospital, Peterboro, class '09, to Mr. Lash, of Alberton, Prince Edward Island.

In London, England, on September 17, 1915, Miss Eva Hambly, graduate of the G. & M. Hospital, Owen Sound, Ontario, Nursing Sister with the First Canadian Contingent, to Captain H. J. Coghill, an officer of the First Contingent, who went from Stratford, Ontario.

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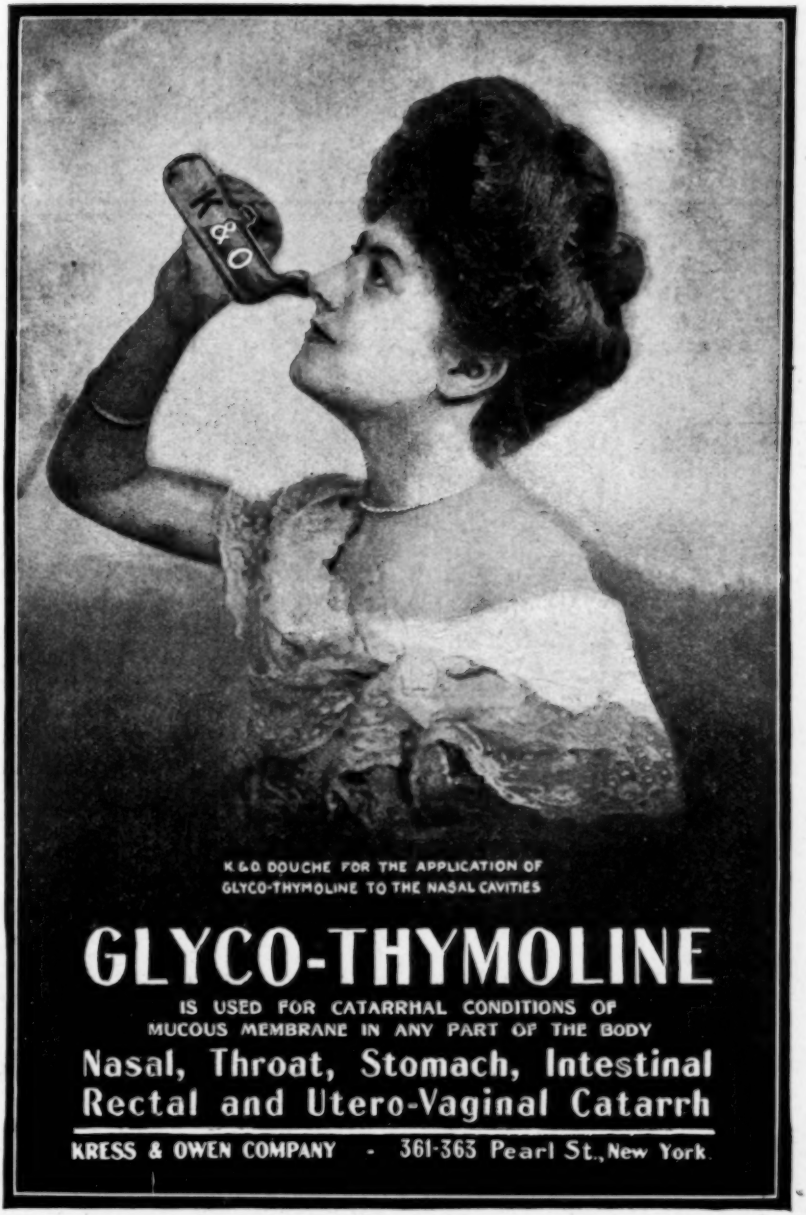

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